



Southern Single Arm Champs. 15th December 2013

Name	Sex	Age	Age %	Class	Bwt	Div	DB Press		DB Swing		DB C&J		DB Cheat Curl		Total	Lynch	Amend
							Lift	R	Lift	R	Lift	R	Lift	L			
Philippe Crisp	M	44	5	40+	110.0	110KG	52 ^⑩	R	54.5 ^{BR}	R	52	R	42 ^⑩	L	200.5	0.8059	169.67
Chris Moloney	M	23	0	OPEN	71.2	75KG	32	R	42	R	44.5	R	42	R	160.5	1.0336	165.89
Brian Heyburn	M	21	0	OPEN	78.9	80KG	32	R	32	R	52	R	37	L	153	0.9693	148.30
Adrian Hollywood	M	25	0	OPEN	83.6	85KG	34.5	R	44.5	R	39.5	R	39.5	L	158	0.9364	147.96
Paul Barette	M	37	0	OPEN	75.3	80KG	27	R	42	R	37	R	39.5	R	145.5	0.9975	145.14
Natalie Voce (Doughty)	F	31	0	OPEN	68.7	70KG	19.5 ^③	R	24.5	R	24.5	R	24.5	R	93	1.0580	130.87
Gareth Edwards	M	30	0	OPEN	83.4	85KG	32	R	37	R	32	R	34.5	R	135.5	0.9377	127.06

Successful 4th Attempts – Natalie Voce (Doughty) DB Clean & Jerk 22kg (LH) ③

Other Successful Record Attempts – Brian Heyburn – Repetition Clean & Jerk (Barbell) 79kg for 2 reps. ③

Referees – Phil Crisp, Paul Barette & Natalie Doughty (fully qualified) ⑩ = World Masters, ③ = World Open

The last competition of the 2013 IAWA southern calendar was the Southern Single Arm Champs. Held at the southern stronghold of Metamorfit gym, this was actually the 2nd Southern Single Arm Championship, with the first being held in New Romney in 2010. Yet despite the three year hiatus, a series of ‘niggles’, ‘injuries’, and Christmas commitments and shopping (!), there were still seven competitors lined up for the competition start. And at the top, it was Chris Moloney (winner of this year’s Southern Shield and Southern Challenge) against Phil Crisp (winner of this year’s Southern Counties) battling for top honours. And it was Phil who took the win by less than four points! Following on from these two was the rest of the pack, really not that far behind and all very close to each other too. Overall then, some solid lifting across the board, an enjoyable competition, and a couple of record attempts at the end. And quite a clever record attempt by Brian Heyburn who picked up just two reps in the repetition clean and jerk in order to create a record. Clever in the sense that after an outstanding first year, including winning his class against very good opposition at the British Champs, he still did not have a world record – which would preclude him from entering next year’s Gold Cup in Burton! So it was with this in mind that Brian looked to gain ‘one’ record to be eligible!